



R.I President Rtn. Jennifer Jones	District Governor Rtn. VP Kalta	President Rtn. Dr. Sanjay Kalra	Secretary Rtn. Anupam Jain	Editor PP Rtn. Dr. V.J.S. Vohra
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www.rotarychdmidtown.org

Rotary Public Image is being projected by all our Bulletins which are mailed all over the world to large number of non-Rotarians and Rotarians with photos and is having global viewing through our website since Rotary year 2006-07, our Facebook page, [YouTube](#), Whatsapp etc. Follow our regular weekly meetings on Facebook: www.facebook.com/groups/rotarychdmidtown and YouTube: http://www.rotarychdmidtown.org/youtube_channel/

THE FOUR WAY TEST

Of the things we think, say or do

1. Is it the Truth?
2. Is it Fair to all concerned?
3. Will it build Goodwill and Better Friendships?
4. Will it be Beneficial to all concerned?

[Click here for four way test song](#)

Volume 47 No. 51 Dated: 20 June 2023

Virtual Rotary Friendship Exchange with Districts 3330 3055 3080 4465

Venue: Hotel Shivalikview, Sector 17, Chandigarh

Date: 23 June 2023 (Friday) | Time: 6.30 pm

Felicitations of Rotary Partners in Service

[Click here](#) / [Click here](#) for live streaming on Facebook. [Click here](#) for photos on Facebook

Our meeting on 16th June 2023 was dedicated to felicitations of our Rotary Partners in service. President Rtn Dr Sanjay Kalra welcomed the keynote speaker Mr Mohit Nijhawan, Mindset Coach Ms Jyoti Solaria, Dr Raj of PGI, Rotaractors, members of Rotary Community Corps (RCC), Past Presidents and all members of Rotary family of Chandigarh Midtown. The keynote speaker was formally introduced by R'Ann Jyotie Sabharwal. Mr Mohit Nijhawan is the Founder & CEO of Embryonic Greens at Mohali. He is an urban unconventional farmer.



Mohit Nijhawan

He is a young dynamic person, having a post graduate diploma in marketing and sales from IFT, Ghaziabad. He is a result oriented professional with 22 years of rich experience. He has conducted CMEs, Seminars and various programs. Mohit has global recognition for the wonderful work he is doing.

He gave a colourful presentation to explain that microgreens are young plants approximately 1-3 inches tall. It is a superfood full of natural nutrients that are packed with the goodness of nature. They not only add nutrition to salads, soups, and sandwiches, but they are also tender and delicious.

Mohit Nijhawan has developed natural and sustainable ways of living a healthy lifestyle. After several years of working actively in the healthcare and Biotech Industry, Mohit went searching for a way to impact the

health of Indians proactively. In order to provide affordable, healthy food that is fresh, attractive, nutritious, locally grown and safe and free from contaminants. This concept of farming is already in progress in advanced countries like Japan, America and Australia.

Microgreens are the generic term for immature plants, which are harvested after a growing period of 10 to 15 days. These are 40 times more nutritious than fully-grown fruits and vegetables. The refreshing smoothie microgreen is a natural and healthy lifestyle. They offer a variety of flavors, from mild to spicy.

Growing Microgreens at home can be done very easily in a shallow container, wall, or tray. They do not have any kind of disease and do not need any chemicals. It is natural and healthy. We can add 20-25 grams of microgreens in our daily diet.

To have a better view of Mohit Nijhawan's interesting presentation, [Click here](#) for live streaming on Facebook.



Memento presented to Mr Mohit Nijhawan



National Anthem by PP Rtn RK Luther, joined by Sergeant-at-Arms PP Rtn RTPS Tulsia and Rtn Pardeep Sisodia



Welcome address by President Rtn Dr Sanjay Kalra



Invocation by IPP Rtn Salil Chopra, fondly known by school kids as 'Rotary Uncle'



Event Chair - Director Youth Service Rtn Pardeep Sisodia



President Dr Sanjay Kalra presents punctuality award to IPP Rtn Salil Chopra. Looking is Rtn Pardeep Sisodia



Introduction of keynote speaker by R'Ann Jyotie Sabharwal



Vote of thanks by R'Ann Nandita Sisodia



Rtn Dr Shashi Jain presents the flags of Rotary Clubs she visited in USA

Youth Service presentation and Felicitations of Rotary Partners in Service was conducted by Event Chair DYS Pardeep Sisodia. Those who have been recognized are: Dr Sanjeev Kamboj - RCC Udham Sewa, Sh Gurdial Singh – Express donation, Vishwas Foundation, Parmilla

- RCC Maloya, Sh Bijender, Vinod Nagpal - Disability Empowerment, Sh Kushal Singh – Smile Express, Sh Gurbinder Singh – Smile Express, Ms Vandana Tripathi, Ms Deepa Nagpal, Rtn Riya Wadhwa, Rtn Pallak, Rtn Suman Gupta and Mrs Guninder Dua.



Colourful glimpses of the meeting



[Click here](#) for more photos on Facebook

रोटरी क्लब चंडीगढ़ मिडटाउन ने किया विश्वास फाउंडेशन को सम्मानित



चंडीगढ़। रोटरी क्लब चंडीगढ़ मिडटाउन द्वारा सेवा में भागीदारी के लिए आभार यानि रोटरी क्लब चंडीगढ़ मिडटाउन के साथ मिलकर किए गए सेवाकार्य का कार्यक्रम होटल शिवालिक व्यू सेक्टर-17 चंडीगढ़ में आयोजित किया गया। इस कार्यक्रम में अध्यक्ष डॉक्टर संजय कालरा, पूर्व अध्यक्ष रीटा कालरा व निर्देशक प्रदीप सीसोदिया द्वारा विश्वास फाउंडेशन की अध्यक्ष साध्वी नीलिमा विश्वास जी को स्मृति चिन्ह

सम्मान रोटरी क्लब चंडीगढ़ मिडटाउन द्वारा विश्वास फाउंडेशन द्वारा लगातार आयोजित किए जा रहे रक्तदान शिविरों को देखते हुए दिया गया। विश्वास फाउंडेशन द्वारा 2008 से अब तक 700 रक्तदान शिविर लगाकर 52531 ब्लड यूनिट्स सरकारी व गैर सरकारी ब्लड बैंकस को एकत्रित करके दिया जा चुका है। इस मौके पर उपाध्यक्षा साध्वी शक्ति विश्वास, सचिव ऋषि सरल विश्वास, मौजूद रहे।

[Click here](#) for more press clippings

Valedictory Function

Rotary
Chandigarh Midtown

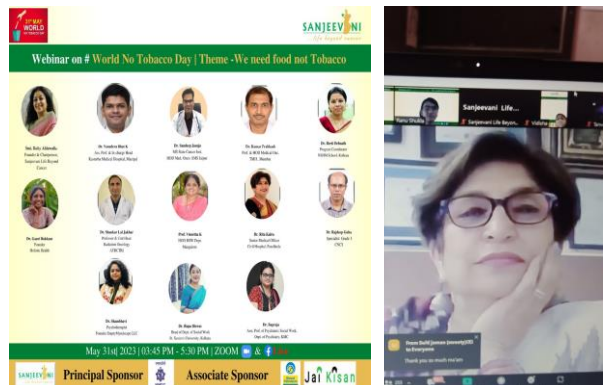
A Thanksgiving Dinner

AN EVENING OF GRATITUDE

Wednesday 28th June 2023
Hotel Western Court, Sector 10,
Panchkula | Time 7.00 pm

IMAGINE
ROTARY

Webinar on World No Tobacco Day



On occasion of World No Tobacco Day, webinar was organised by Sanjeevni Life Beyond Cancer to sensitize and advocate harmful effects of Tobacco by dozen experts and speakers from all over the country. Representing Haryana Health Dr Rita Kalra addressed audience on Tobacco and women centric cancer.

Over 400 people joined on zoom and thousands have viewed on facebook and YouTube live. Ms Ruby Ahluwalia IAS is founder of the NGO running for last 14 years and reaching out to victims and survivors of cancer for their needs of medicines, injectable, surgery etc. and even post treatment rehabilitation and care.

Several women connect online and after training are able to help patients in their Locality. Rotary Chandigarh Midtown is collaborating with Sanjeevni for skill courses certified by TCC called Cansaarhi.

Nutrition supplements program to support the survivors after chemotherapy called Can ahar is being provided to patients at Civil Hospital Panchkula.

Project MAA



Under Project MAA, Rotary Chandigarh Midtown, on 9th June 2023 provided nutrition supplements to mothers and baby dress to newborn 25 post cesarean mothers and their babies. Talk on breast feeding, nutrition, exercise and family planning was given. President Dr Sanjay Kalra, PP Dr Rita Kalra, Dr Deepmala and nursing staff joined.

Sad news

Mrs Ram Dulari Chopra mother of R'Ann Veena Bindra passed away on 16th June 2023 in Delhi. Our heartfelt condolences to her and PP Rtn Subhash Bindra.

Our prayers for the noble soul. May God give strength to the bereaved family to bear this irreparable loss.

Satellite Club of Rotary Chandigarh Midtown

Our Club has formed a Satellite Club with ten members. [My Rotary](#) explains that a satellite club may form with just eight members. Satellite club members are members of the sponsor club. When a satellite club grows to 20 members or more, it may choose to remain a satellite to its sponsor club or it may apply for a charter to become a standalone Rotary club.






SAVE
the
DATE

5TH JULY, 2023

INSTALLATION CEREMONY OF
PRESIDENT RTN. JEETEN BHAMBRI AND
BOARD OF DIRECTORS 2023-24

Formal invitation to follow

Contributed by PP Dr Balram K Gupta



One lady visited BATA showroom and spent more than one hour for selecting Sandal Chappal. After trying more than 35 pairs, she found the 36th pair impressive.

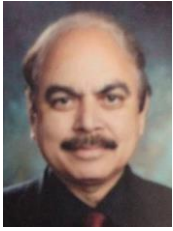
She asked the shopkeeper” What is the cost of this chappal?

Salesman replied” Nothing”. You can take it free !.

Surprised by his answer, she asked why it is free?

Salesman said “ You came wearing these only”

Rtn शशि जैन से रूबरू दिल से दिल की गुफ़तगू



IPP Rtn Salil Chopra has been in the business of sanitary products distribution for many years and now he has diversified in the food industry and started his own venture Talez Patisserie and Kitchen. He calls his life 424, means he started by earning Rs 4 a day to Rs 4

lakh per month now. He made his debut in Rotary by Swatchta Abhiyan and made a clean sweep on the hearts of all the Rotarians who nominated him to lead the club.

Q. When did you join Rotary club and what motivated you to join it?

A. Some of my friends were Rotarians. They motivated me to join Rotary for a humanitarian cause and I joined Chandigarh Midtown in December 2012.

Q. Please describe your experience as President of the Club.

A. My experience of passing through different phases while working with 17 companies and managing so many men helped me in my presidential year in 2021-22. The year started with the pain and agony of Covid, virtual meetings and no personal touch. However, we tried to involve everyone and kept them busy in useful projects. The on-going signature project Government Elementary School Peermuchalla was handed over during the year, donation of Dialysis machine to Tera Tera hospital and raising of Rotary Jaguar TB Hut in Civil Hospital, Panchkula. Thus the year ended with laudable achievements.

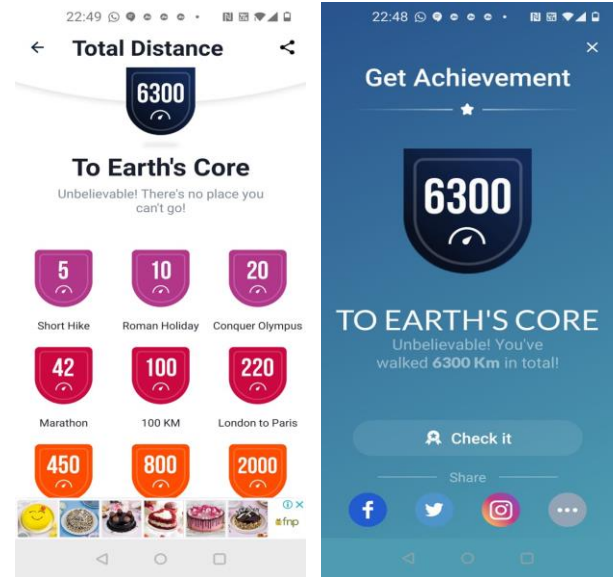
The Club had the honour of highest TRF collection worth \$37500, bagged Rolling Trophy for Platinum Club, Best President, Best Secretary and Best Rotarian of the District Awards. I could not have asked for more.

Q. Do you think you have gained something at personal level?

A. Whenever I go to a school for a talk, I am popularly called 'Rotary Uncle'. This new recognition sends me on Cloud 9. I feel amply rewarded.

Wish you all the best 'Rotary Uncle'.

6300 KMs Walking through Radius of Earth by IPP Rtn Salil Chopra



People call me as Jogging freak and I can miss food or how much tired I could be I won't miss my walking or jogging at park track or even roof terrace, anytime from 4 am till 00 hrs as per availability of time. The highest steps covered goes to 31000 in a day and lowest fulfilled target would be 10000 steps a day.

I was amazed when I find a screen shot appearing on my screen by Pacer App which controls my daily walking pace and steps that I have covered 6300 KMs in less than 14 months' time, which means distance from one corner of earth to other corner of earth, meaning thereby equal to radius of Earth.

It was amazing and astonishing experience for me and worked as inspiration for me that on 14th May 2023, I found in one day while going for Kartarpur darshan, I covered 24363 steps.

I would keep walking or jogging without any target in mind but surely not less than 10000 a day and biggest or largest motivation is through music I hear while I am at walking or I am talking to Rotarians or friends while walking.

Caring touch program

At ICU Civil Hospital Panchkula was organised by our club in continuation to early program to support patient care and infection control initiatives. Patient dresses were provided.

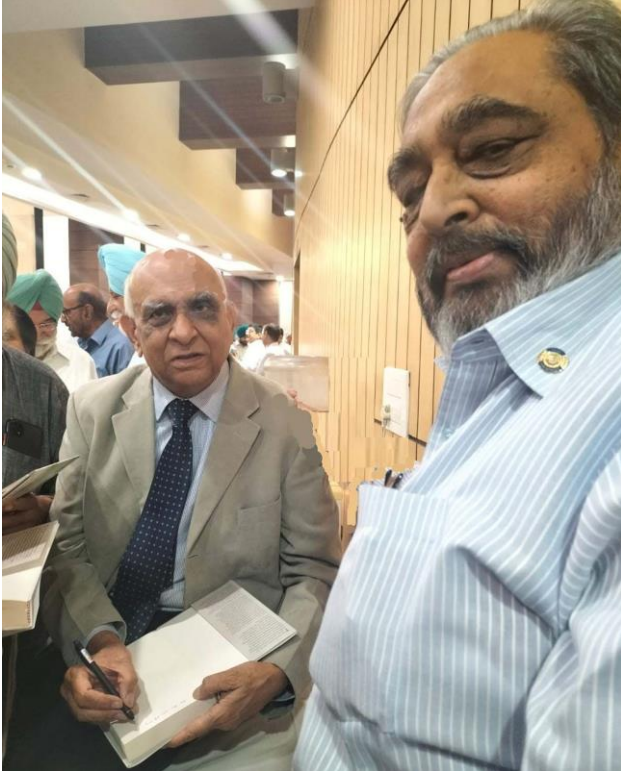
Now in collaboration with Inner Wheel Chandigarh Midtown 40 scrubs was provided to all the staff.

President Dr Sanjay Kalra handed over to Dr Archana Aggarwal, Zubair ICU technician and nursing officers who expressed gratitude for the initiative by Rotary.



Memoirs of former Chief Secretary Rajan Kashyap

'Beyond the Trappings of Office', a Civil Servant's Journey in Punjab, a memoir by Mr Rajan Kashyap, former Chief Secretary of Punjab, was released at Mahatma Gandhi State Institute of Public Administration (MGSIPA), Sector 26, Chandigarh on 16th June 2023 by former Chief Justice SS Sodhi and Mr Gurbachan Jagat, ex- Governor of Manipur.



There are some pages in the book about Col DS Vohra, Founder of Nevedac Prosthetic Centre and father of PP Rtn Dr VJS Vohra, who got the book, signed by Mr Kashyap.

Extracting Happiness Implanting Smiles by Rtn Raj Khattar

**लड़का बगैर शादी
किए चाचा बन सकता है
लेकिन.....
लड़की बगैर शादी किए
चाची नहीं बन सकती.!!
खाली बैठा हुआ था
तो सोचा बाता दूँ।।**

Husband: You are very intelligent! Tell me why a ball comes down, when it is thrown up?

Wife: Very simple. It comes down when there is no one to catch the ball up there.

Husband: You know what gravity is.

Wife: Yes. I understand the gravity of a situation when some stupid person like you asks silly questions!

Thought

- When you choose to forgive those who have hurt you, You take away their Power.

- When you go from a fixed mindset to a growth mindset, a new world of possibilities opens up.

Thought for the week by Rtn Col JS Chandoak

We judge ourselves by what we feel capable of doing, while others judge us by what we have already done.

----- H.W. Longfellow

Birthday of Spouse

R'Ann Nandita Sisodia 18 June

R'Ann Rekha Mehan 21 June

Birthday of Rotarians

PP Rtn Vinod K Jawa 21 June

District Award and Collar Exchange Ceremony

ROTARY INTERNATIONAL DISTRICT 3080

DISTRICT AWARD FUNCTION & COLLAR EXCHANGE CEREMONY

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Friday 30th June
2023 | 11:00 AM

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Rtn Veena & DG VP Kalta
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PDG Rtn Arun Sharma
Counselor

Rtn NPS Narang
Chairman

Rtn Rakesh Rehl
President - Paonta Sahib

Rtn Mahesh Khurana
Secretary - Paonta Sahib

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Heartiest Congratulations



PN Rtn Nitin Kapur was bestowed with the Best Financial Distributor and Advisor Award by IIFL at Mumbai

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| 13. Rtn Deepak Choudhary | Rs 5000 |
| 14. Rtn Maj Gen AS Kahlon | Rs 10000 |
| 15. PP Dr Vanita Gupta | Rs 5000 |

Acknowledgement with thanks



Dr Manjushri Sharma donated hostel and mess fees Rs 5100 for blind girl Raman Deep Kaur who has taken admission for coaching in IAS Academy at Sector 25 Chandigarh. She is MA political science from Panjab University.

Uniforms presented to Home care nursing students



Rotary Chandigarh Midtown presented uniforms to outgoing batch of Home care nursing as 23 girls embark on their journey of clinical training at GMSH Chandigarh for 2 months. The program is funded under National livelihood Mission by SIDBI for creating job opportunities for women from marginalized Communities. The girls in their new uniform and aprons had smile on their faces and pride in their eyes as they pledge to serve people who are needing their service. President Dr Sanjay Kalra and Director Vocational service PP RK Luther congratulated the girls and motivated them to be regular and committed to the training. Secretary Dr Anupam Jain and Project Chair PP Dr Rita Kalra joined the ceremony. New batch of 37 girls have been approved by department of social welfare and have started 4 months theory classes and are also covered under the Grant from SIDBI.

NCD training workshop



As part of GG Project of Dialysis Support Centre, NCD training workshop for 50 nursing and Para medical staff was conducted by our club to improve their skill and knowledge. DIS Rtn JS Bawa informed about the project to help people who cannot afford Dialysis. PP Sanjay Bhatia shared the concept of Rotary Grants and how in partnership with TRF big projects for long term impact are implemented. Rtn Dr Manjushri Sharma gave a talk on prevention and management of non communicable diseases. R'Ann Jyotie Sabharwal talked about nutrition. All participants enjoyed the quiz and were given certificates. President Dr Sanjay Kalra thanked the organizers and participants for overwhelming participation. PP Dr Rita Kalra and Rtn Brig JS Sabharwal were also present.

RCC of Civil Hospital, Panchkula



RCC members were felicitated: Lucky Sharma, Ms Preeti Diwakar, Dr Minika, Ms Chalsie Sharma, Ms Bimla Sharma, Ms Santosh Sharma, Ms Geeta Sharma, Mr Sanjay, Mr Manish Goyal, Mr Malkit, Vinod and Anita Chishti

Fear never builds the future, But FAITH and HOPE does.

All correspondence to the Editor: **PP Rtn. Dr. V.J.S. Vohra**
Sr. Consultant – Artificial Limbs & Orthotics, Nevedac Prosthetic Clinic
Head Office: Medirehab Systems, 1134, Sector 44-B, Chandigarh – 160047
Clinic: SCO No. 50, 52 Royal Estate, Zirakpur (Chandigarh-Ambala Expressway)
E: drvjsvohra@gmail.com | Mob.: +91 9814006829 | www.nevedac.com

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